

# RESUME

**NAME** : SWATHILAKSHMI VENU  
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## PROFESSIONAL EXPERIENCE:

- HealthifyMe Wellness Products & Services Pvt. Ltd.** **7 months**  
*Consultant- Nutritionist* *March to June, 2018*  
*February to April, 2019*
  - Used to have clients from across the globe and used to give diet consultation depending on their age, weight, sex and medical condition.
  - Used to plan a customized diet plan for each one of them depending on their food preferences, ethnic background and medical condition.
  - Used to regularly follow them up until their goal is achieved.
  - Have helped clients lower their blood sugar levels and normalize lipid profile just with diet.
- Lourdes Hospital, Kochi** **4 months**  
*Assistant Dietitian* *July to October*
  - Used to meet the in-patients on a daily basis and modify their diets according to their condition.
  - Would give all the patients customized diet plans at the time of discharge.
  - Would consult out-patients on a daily basis.
  - Would conduct continued nutrition education (CNE) programs for the department staff once in a while to update the knowledge.
  - Would take classes for other departments as well as patients and educate them on the importance of having a balance diet, Drug nutrient interactions, etc.

## ACADEMIC QUALIFICATIONS:

YEAR	QUALIFICATION	SCHOOL/COLL- EGE	BOARD/UNIV- ERSITY	COURSE HIGHLIGHTS	PERCENTAG
2015- 17	M.Sc. Clinical Nutrition and Food Science	Amrita Institute of Medical Sciences	Amrita Vishwa Vidyapeetham University	Medical Nutrition Therapy,	69.3%

		and Research Institute, Kochi		Nutrition in critical care, Pharmacology, Sports nutrition & Biochemistry Clinical case studies- 50 Ward postings	
<b>2012-15</b>	B.Sc. Clinical Nutrition and Dietetics	Ethiraj College for Women, Chennai	Madras University	Medical Nutrition Therapy, Basic and Advanced Clinical Nutrition, Quantity Food Production & Community Nutrition	76.31%
<b>2012</b>	12 <sup>th</sup> grade	DAV Public School, Nerul, Navi Mumbai	CBSE Board	Physics, Chemistry, Biology & Mathematics	63.4%
<b>2010</b>	10 <sup>th</sup> grade	DAV Public School, Nerul, Navi Mumbai	CBSE Board	Science, Mathematics, Social Studies, English & French	8.4 CGPA

#### **ACADEMIC AND CO-CURRICULAR ACHIEVEMENTS:**

- 1) Have qualified UGC NET examination in December, 2018
- 2) Participated in a National and International workshops
- 3) Organized and Presented a case study in CNE on the Management of Obesity in 2016
- 4) Presented paper in National Seminar in 2015

#### **CERTIFICATE COURSES:**

- 1) “Two-Day Intensive Course on Translational Nutrigenetics and Nutrigenomics” organized by the University of Reading, UK and Institute of Nutrigenetics, India

- 2) “Introduction to Translational Nutrigenetics” from Institute of Nutrigenetics, Coimbatore (2019) – 1-month course
- 3) “Fundamentals of Diabetes Education” from Agada Hospital, Chennai (2014-2015) – 1-year course
- 4) “Personality Enhancement- an Intensive Training Program on Personal Enhancement and Employability skills” conducted by ZEAL (2012) – 15 days’ course

## **PROJECTS** :

- 1) Dissertation on “Correlation of Modified NUTRIC Score with the Outcome of Critically Ill Patients and the Analysis of Their Dietary Intake” during M.Sc. at Amrita Institute of Medical Sciences, Kochi (2017).
- 2) Mini project on “Assessment of Nutritional Status of Chronic Liver Disease Patients Using SGA Screening Tool” during M.Sc. at Amrita Institute of Medical Sciences, Kochi (2016).

## **INTERNSHIP** :

- 1) Interne at Amrita Institute of Medical Sciences, Kochi for 6 months as a specialty dietitian in Cardio vascular thoracic surgery (2017-18).
- 2) Interne at Sri Ramachandra Medical College, Chennai for 15 days (2014).
- 3) Interne at Hotel Ambassador Pallava, Chennai for 15 days (2013).

## **INTERNSHIP HIGHLIGHTS** :

- Learned patients counseling, diet planning in high risk surgery patients, pre-op, post-op.
- Learned planning for patients on Ryles tube, percutaneous endoscopic gastrostomy (PEG) feed and Total parenteral nutrition (TPN).
- Got exposure to the Management Section of the Hotel, Food & Beverage Department, Catering section and housekeeping.

## **EXTRA CURRICULAR ACTIVITIES** :

- 1) Have been the Association Secretary for 2 consecutive years while doing my Under graduation
- 2) Have been a member of Red Ribbon Club
- 3) Have been a member of Rotaract club
- 4) Have been a member of Citizen Consumer Club

## **HOBBIES** :

Singing (Learnt classical music), Sketching, Reading

**PERSONAL DETAILS:**

DATE OF BIRTH : 23<sup>rd</sup> May, 1994

FATHER'S NAME : K Venugopalan

HUSBAND'S NAME : Dr. Abin Suraj

LANGUAGES KNOWN :

Read, write and speak - English, Hindi and Malayalam

Read and speak - Tamil

DATE : 4<sup>th</sup> November, 2020

PLACE : Kochi

(SWATHILAKSHMI VENU)